

## Welcome to Beal Early Childhood Center

**News on the Beal Front:** [February 29, 2016](#)

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#### 1. A note from the Principal

Happy leap year day! March is National Nutrition Month as recognized by the Academy of Nutrition and Dietetics. We at Beal will be working with our students to learn about healthy eating, including the importance of meals, appropriate snacking throughout the day, and proper hydration as discussed by Nurse Jill Wensky's in her message below. Mrs. Wensky, Beal staff, and I will be working with your children to continue emphasizing healthy food choices, and will update you on discussion topics through our weekly communication. We feel this is a great opportunity to teach students to be knowledgeable and independent in making healthy food choices at and away from home.

**Also, please note that tomorrow, Tuesday, March 1st is our third Early Release Day of the 2014-2015 school year.** There are specifics about programming and arrival/dismissal times below.

Sincerely,

Chris Girardi

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## 2. Beal Family Dinner

Please join the Beal community for a night of dinner, socializing, FABULOUS class raffle baskets and raffles...all to benefit Beal School.

**Date:** Thursday, March 24th, 2016

**Time:** (Two seatings) 5:15 – 6:15 p.m. OR 6:30 – 7:30 p.m.

**Place:** Shrewsbury High School, 64 Holden Street

**Cost:** \$7 for age 4 and over, free for children 3 and under. Dinner includes 2 slices of cheese pizza, salad, and beverage (milk or water). Additional slices of pizza are \$1 and may be ordered with ticket purchase. Raffle tickets are \$1 each, \$5 for 6 tickets, or \$10 for 15 tickets. Additional raffle tickets may be purchased at the dinner for a limited time.

To Purchase Dinner and Raffle Tickets please visit [www.bealpto.org](http://www.bealpto.org) or send the paper order form to school with exact cash or a check made to the Beal PTO. The deadline for ordering is **Tuesday, March 8th**.

## 3. March tuition

It's incredible to think that March is almost upon us, and with it comes full-day kindergarten tuition. Tuition is payable to Shrewsbury Public Schools and can be dropped off at the Beal office or mailed to: Beal Early Childhood Center, 1 Maple Avenue, Shrewsbury, MA 01545. Please do not send checks to school in your child's back pack.

4. Early Release Day on Tuesday, March 1st There are five early release days built into the 2015-2016 school calendar. These days allow for professional development opportunities for staff to grow in their profession and the district to provide training towards our District and School Improvement Plan Goals. The next early release

day is tomorrow, Tuesday, March 1st. Information about the early release schedule is listed below: -Tuesday, December 8th- Early release -Tuesday, February 2nd- Early release -**Tuesday, March 1st- Early release** -Tuesday, April 5th-Early release -Tuesday, May 3rd- Early Release Early Release days at Beal affect the following programs: -Full day Kindergarten and Grade 1- 12:30 p.m. dismissal (There will be a three hour difference in transportation times. Please allow extra time for differences in midday traffic patterns.) No lunches are served on early release days. -1/2 day a.m. Kindergarten- no change in dismissal -1/2 day p.m. Kindergarten- no school -Beal Extended Day- open for operations beginning at 12:30 p.m. \*\*Only students scheduled for that day of the week may attend the After School program.

#### 5. Showing of *Most Likely to Succeed*

Just before February vacation, Dr. Sawyer sent an invitation to our school community to attend a screening of the film, *Most Likely To Succeed*. This film is being shown at 6:30 on Wednesday, March 16 at Shrewsbury High School. We encourage you to attend this screening and be part of an important discussion about what Shrewsbury might need to do differently to help our students adapt to what the world will demand of them in the future. The film chronicles an alternative vision of American education implemented at High Tech High in San Diego. There, student work is largely project-based and collaborative, much like today's workplaces, with students focused on solving real life problems by experimenting, failing and trying again. After the screening, there will be a discussion between the audience and a panel of experts representing business, higher education and our own school district. Again, we encourage you to come to the screening and be part of this important discussion. For more information about this event, please go to

<http://schools.shrewsburyma.gov/future/index.cfm>

#### 6. After School Activities at Beal

There is still space in the two after school offerings at Beal. Please click the link below from Karen Isaacson, Director of Extended Learning.[Beal After School Programs for March 2016](#)

#### 7. News from the nurse A focus on healthy eating would not be

complete without touching upon the great value of drinking water. Water is one of the body's most essential nutrients. It impacts every part of our body. It helps keep our body temperature regulated, lubricates our joints and maintains body tissues including our eyes, mouth and nose. The amount of water a child needs depends on many factors such as age, weight, air temperature, activity level and overall health. It will nicely compliment the healthy foods in our diet that are rich in water content, such as fruits and vegetables and will satisfy our total water requirements. Adequate water intake has a direct impact our gastrointestinal tract and can greatly improve things for children who are prone to constipation. Here at Beal, drinking water is a regular part of our day.

~Jill Wensky, Beal Nurse

508-841-8870

#### 8. Upcoming dates and events

Tuesday, March 1st- [Early release day](#)

**Thursday, March 24th- Beal Family Dinner at Shrewsbury High School**

Thursday, March 31st- Parent Forum for incoming Kindergarten families- 6:30 p.m. in the Beal gym

Tuesday, April 5th- [Early release day](#)

Monday, April 18th- Friday, April 22nd- **No School**- Patriots' Day and April Vacation Tuesday,

May 3rd- [Early release day](#)

Please contact me if you have any questions, comments, or concerns. Have a great week!

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